

What your clients see (Basic membership):

mindful hypnobirthing dashboard

Welcome Tina, you are in our exclusive Mindful Mamma class resource area, here you will find links to everything you require to support you in your preparation for the birth of your baby.

You can navigate back to this dashboard at anytime by hovering over the 'Login' option on the menu bar above and clicking on 'Mindful Hypnobirthing Dashboard'



mp3 downloads

class handouts

common questions

infographics

useful resources

log out

mindful mamma class exclusive mp3 downloads

Here are the guided meditation tracks that are exclusively provided to those who attend the Mindful Mamma One Day Hypnobirthing Class.

A recommended playlist for birth is the background Mindful Mamma Music, the Birth Affirmations, the long Mindful Hypnobirthing Track, Breathing Rhythm, 321, Deepener (in any order you wish!). The contraction wave is great for during contractions! The Releasing Fears is also great if things slow down or if you feel any anxiety or worry during the birth.

To download the tracks, right click on the title and select 'save link as':

1. [Breathing Rhythm](#) –



2. [3,2,1, relax, relax, relax](#) –



3. [Deepener \(10,9,8,7,6,5,4,3,2,1\)](#) –



4. [Releasing Fears](#) –



5. [Special Place](#) –



6. [Four Awareness \(Spotlight – a mindfulness practice for labour and early parenting\)](#)



7. [Walking Meditation](#) –



8. [Contraction Wave – Short one for during contractions](#)



9. [Pregnancy Affirmations](#)

10. [Mindful Hypnobirthing](#)

11. [Birth Affirmations](#)

12. [Mindful Mamma Music](#)

You can purchase any of the additional mp3 tracks for sale via these links – [Antenatal Downloads](#), [Postnatal Downloads](#), [Birth Partner](#) at the discounted price of £4.00 per album using this code: **mmclass2015**

All these tracks can be listened to during pregnancy and throughout your labour. When you listen to them you may feel as though you are falling asleep; this is fine, go with it. Listening to the tracks will relax you and build your belief in your capability to birth your baby. The more you listen to them, the easier you will find it to let go and fully relax.

Try listening to them at different times of the day, with and without headphones, and using in the positions outlined in the book. As you'll feel sleepy, please make sure you **do not** listen to them whilst driving or operating machinery.

PLEASE NOTE: These audio files are MP3 files, once they've been downloaded they can be added to any Apple device in the usual way using iTunes. You must download them to your desktop before you add to iTunes.

mindful mamma class handouts

Here are the handouts for all the exercises and affirmations for you to practise.

[models-of-childbirth](#) [Download](#)

[three-steps-to-deep-relaxing-hypnosis](#) [Download](#)

[pregnancy-affirmations](#) [Download](#)

[dad_partner-affirmations](#) [Download](#)

[birthaffirmations](#) [Download](#)

[mindful-affirmations](#) [Download](#)

[Brains_Brian](#) [Download](#)

[The-four-awarenesses](#) [Download](#)

[Prompts-for-birth-partners](#) [Download](#)

[writing-your-birth-preferences](#) [Download](#)

[on-the-day](#) [Download](#)

[Practice-guidelines](#) [Download](#)

[transition-tips](#) [Download](#)

[shoulder anchor](#) [Download](#)

[MMHypnobirthing-door-signs](#) [Download](#)

[What to do at Stages of Labour](#) (this is a great handout to put in your birth bag and for your partner)

visual support material

3, 2, 1 Relax, Relax, Relax



Breathe in relax **Breathe out let go**

3

Allowing a comforting relaxing feeling to drift down through all the muscles in your head, down through your eyes. Every tiny muscle softening, relaxing, letting go, down through your cheeks, mouth and jaw. Your jaw loose and soft...

2

As your jaw softens, your neck and shoulders sink into your body, letting go of any tension, that comforting feeling drifting down through your chest, each breath taking you deeper into relaxation...

1

Your breath carries that relaxation deeper into your body, down through your abdomen to your baby, nudging your baby gently down, letting go deeply comfortably, soft, open, strong...

Relaxed Jaw

Relax
Relax
Relax



Baby moving down gently

Soft cervix

Muscles softly opening



When A Contraction Comes

3 2 1 Relax Relax Relax

- 3** Soften your jaw, neck, shoulders, chest, and abdomen.
- 2** Soften your face, neck, shoulders, chest, and abdomen.
- 1** Soften your face, neck, shoulders, chest, and abdomen.

How To Be A Great Birth Partner

You're going to be a parent! But first, the birth...

3 M's: Massage, Movement and Mindfulness

- 1** Massage: Use your hands to provide support and comfort.
- 2** Movement: Encourage your partner to move in ways that feel good.
- 3** Mindfulness: Stay present and focused on your partner's needs.

Transition Tips

Transition is a time when a contraction feels like a giant hand on your back. Your muscles are drifting you away from the stage of labor when your body will move your baby down. This is it! Your body is ready here.

RECOGNISE THE SIGNS

- FLUXION:** Your cervix and pelvic floor get close together and find that it's tough to get an air of relaxation.
- RELAXATION:** A surge of relaxation may make you feel more done.

YOU MAY SEE:

- FLUXION:** You may see for an instant when you don't want one.
- RELAXATION:** You may decide that you're feeling good and you can do it anymore. You want!

FLUXION **RELAXATION**

LET Listen to what your body is saying
E Encourage yourself
T Turn your attention inward
G Get ready to welcome your baby
O Open your mind, soften your jaw and your body

YOU CAN DO IT!

STOP

Recognise and respond to your body's needs.

RELAX Use what you have learned to make the best of any situation.

TECHNIQUES Breathe deeply. Sit, move. Carry your load.

RE-PLAN Use your BRAIN. Re-evaluate your birth plan.

ALLOW Allow what is. Accept the situation.

STARVA

How often... (Source: Midwifery Education) (2018)



BRAINS

B What are the **benefits** of this intervention to mother and baby?

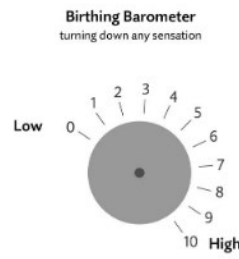
R What are the **risks** to mother? What are the risks to baby? How could the path of this birth change?

A What **alternatives** could we try first? We would like to keep intervention to a minimum. We would like this birth to be as undisturbed as possible, do you have any suggestions?

I What are the **indications** for this intervention? What is your intuition telling you?

N What if we did **nothing**? We'd like a bit of time to think about it. If all is well at the moment we'd like to stay with our choices a little longer. If labour has slowed down or stopped and all is well, we'd like to go home for a bit.

S Keep smiling, a smile releases endorphins and builds great rapport with your care team.



BIRTHING ZONE

Musical Breaths Hypnosis Love, Support & Cuddles Outback Anchors

useful resources

We asked parents who had done our course which books they would recommend, so here they are. So chuck away 'What to expect when you are expecting' and delve into this lot.

books

Sophie Fletcher – *Mindful Hypnobirthing*, Vermilion

Dick-Read, Grantly – *Childbirth Without Fear* : Explains the physiology of natural birth, and how fear affects it.

Gaskin, Ina May – *Spiritual Midwifery and Ina May's Guide to Childbirth*: Lots and lots of natural birthing stories

LeBoyer, Frederick – *Birth Without Violence*: a heart warming book, helping you towards an understanding of the baby's perspective

Yeheudi, Gordon – *Birth to 9 Months*: a very good general birth and parenting book that tells you what is happening to your body and your baby through your pregnancy and the 9 months after.

Harris, Mark – *Men, Love and Birth*: a book for dads on how to be great birthing partners

Scotland, Mia – *Why Perinatal Depression Matters*: packed full of tips and techniques for self-care after your baby is born.

Mongan, Marie – *HypnoBirthing® A Celebration of Life*: Different techniques, but same philosophy

Michel Odent – *Birth Reborn*: Inspiring, written by the world's leading natural birth advocate

Sarah J Buckley – *Gentle Birth, Gentle Mothering*: Simply lovely, and all backed up by research

Pam England – *Birth from Within*: A lovely book that looks at birth in healthy and positive way with lots of different techniques.

Desmond Morris – *Babywatching*: is a classic that has just been reprinted. A must have with chapters you can read in 10 minutes before you go to sleep!

Sears and Sears – *The Baby Book*

Sarah Ockwell-Smith – *BabyCalm*: a must have for new parents, refreshing approach to attachment parenting.

Naomi Stadlen – *What Mothers do*

Janet Balaska – *Active Birth*

Amali Lokugamage – *The heart in the womb*: written by a consultant obstetrician about her birth experience which was far from what she expected! Her instinct moved her to a home birth even though every medical bone in her body thought she should be in hospital.

Sue Gerhard – *Why Love Matters*

Sophie Fletcher – *Mindful Mamma* (best read later in pregnancy)

online

[One World Birth](#) has a series of great videos on world experts that will really open your eyes to what a wonderful experience birth can be, and how women are being robbed of that experience.

[Mindful Mamma](#) obviously a fantastic website! Plenty of our birth stories

[Homebirth Reference Site](#) brilliant for information about natural birth (not necessarily home birth)

[Birth Choice UK](#) good for information about different hospitals and birth centres

[NCT](#) great for everything – pre and post pregnancy, and for networking

[Sarah Buckley](#) great resource for all natural birth information

www.facebook.com/mindfulmamma

dvds

You can google these, and watch the trailers:

What babies want

Birth Into Being

On the other side of the glass

Orgasmic birth

What your clients see (Private / Enhanced): in addition to above they'll have additional mp3s:

mindful hypnobirthing dashboard – enhanced membership

Welcome Tina, you are in our Mindful Mamma Enhanced membership class resource area, here you will find links to everything you require to support you in your preparation for the birth of your baby.

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mp3 gold list

class handouts

common questions

infographics

useful resources

COVID-19 Rescue Pack

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Search this website

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enhanced membership 'gold playlist'

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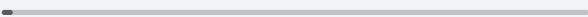


To download the tracks, select the download function by the three dots.

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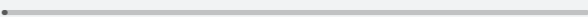


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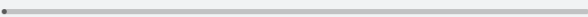


mindful hypnobirthing pregnancy and birth tracks

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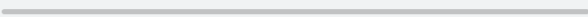


Breathing Rhythm

▶ 0:00 / 4:39   

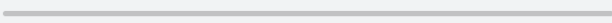


321 Relax

▶ 0:00 / 5:18   

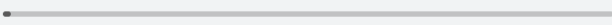

10,9,8,7,6,5,4,3,2,1 Deepener

▶ 0:00 / 5:51   

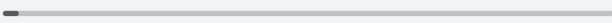


Releasing Fears

▶ 0:00 / 6:52   

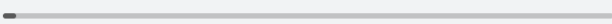


Special Place

▶ 0:00 / 3:36   

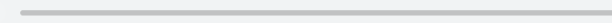


Four Awareness – Spotlight

▶ 0:00 / 2:03   

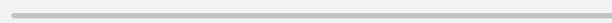


Walking Meditation

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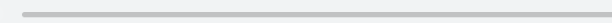


Contraction Wave

▶ 0:00 / 11:49   

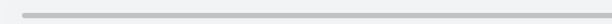


Surges of the sea

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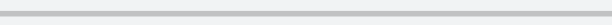


Pregnancy Affirmations

▶ 0:00 / 32:41   

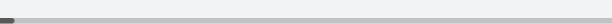


Mindful Hypnobirthing

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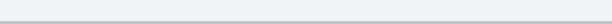


Meadow Relaxation

▶ 0:00 / 4:21   

Birth Affirmations

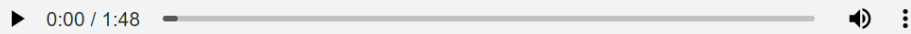
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Mindful Mamma Music

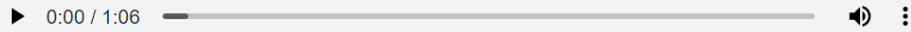
▶ 0:00 / 19:48   

40 week wobble

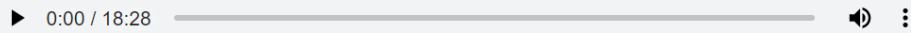
the birth partner



Introduction Birth Partner

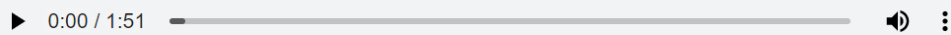


Birth Partner Affirmations

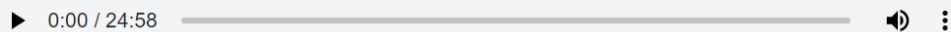


Birth Partner

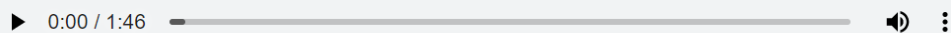
induction tracks – it's time baby, we are ready for you



Introduction 40 weeks

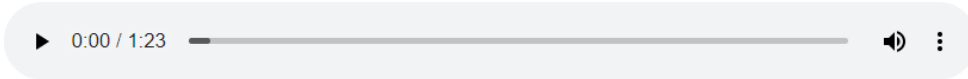


Gentle Induction



Affirmations for birth beginning

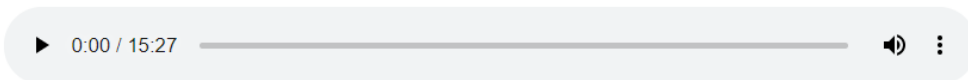
confident mamma



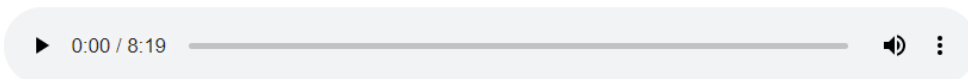
Introduction Confident Mamma



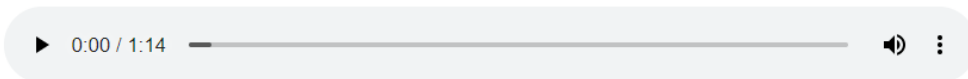
Meadow Relaxation Mum



Confident Mum

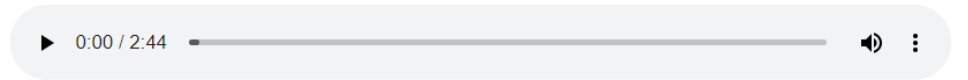


Rapid Rest

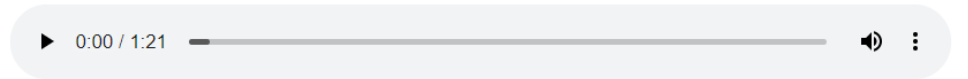


New Mum Affirmations

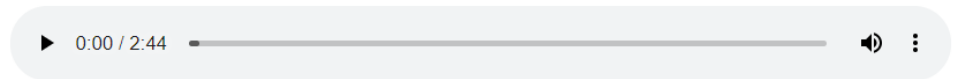
confident breastfeeding



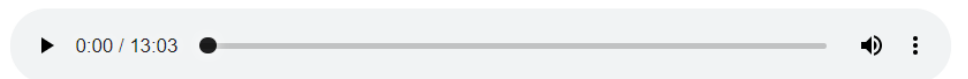
Introduction to Breastfeeding



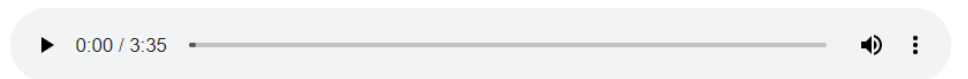
Breastfeeding Affirmations



Milk Flow



Breastfeeding with confidence



Relax and Feed